



## CLUBHOUSE NEWSLETTER

Calendar Inside

# Visioning Clubhouse

Creating personal vision boards was one of the activities that we did during the Mental Illness Awareness Week in October. Now we are going bigger creating one for the Clubhouse.

What's a vision board, you may be thinking. If you ever cut out a picture of something that you wanted from a magazine or Sears catalogue and placed it on your fridge door or another place where you could see it, then you already have practice with a vision board. It's exactly that, just more sizable. It's a collage of pictures, images, words and affirmations of one's dreams and desires. The purpose of it is to inspire and motivate you to attain your goals and desires.

And that's what we in Clubhouse are after, finding out what your dreams and desires are. What kinds of activities and events would you like to see in Clubhouse? Would you like more recreational opportunities, more art, or more self-development workshops, like the Healthy Communications that we recently offered? These are just some examples. Possibilities are endless. Feel free to suggest **your ideas for the Clubhouse**. Remember to be specific with your suggestion. Instead of saying that you'd like to see more social rec, for example, specify what you mean exactly. Do you mean that you'd like to have line dancing or cribbage tournaments or basketball or what?

We also want to know if you'd like to lead or co-lead an activity. We recently had participant involvement with the weaving project from making the looms to instructing the actual weaving. How fantastic is that! We want to see more from you and have you share your talents!

he vision board will help us plan 2019 so your input is important. Our goal is to outline the year with the bigger events, like Snow Day, Volunteer Appreciation Week, Beach Day and Christmas, and then fill in the rest with the help of your ideas.

**Take action. Have your say. Bring your suggestion to the Clubhouse vision board!**



## **The Tale of Two Dogs** – Submitted by Barb P

This is the story they tell of two dogs.

Both at separate times walk into the same room. One dog comes out wagging its tail, while the other comes out growling. A woman watching this goes into the room to see what could possibly make one dog so happy and the other so mad.

To her surprise, she finds a room full of mirrors. The happy dog found a thousand happy dogs looking back at him, while the angry dog saw only angry dogs growling back at him.

What you see in the world around you is a reflection of who you are.

## **The Elastic Band** – Submitted by Barb P

The elastic band is a versatile tool commonly used to hold multiple items together. It was patented by Steven Perry in England in 1845.

During the 1970s and beginning of the 1980s it was introduced as an effective behaviour modification tool to change patterns of behaviour.

I use the elastic band to stop grinding my teeth. I put the band around my wrist and, when I catch myself grinding I snap the band; not hard, as *we are not looking for punishment, just change*. It is helpful for any negative behaviour such as swearing, teeth grinding, negative thoughts, etc.

You choose any negative pattern that you catch yourself doing automatically and replace the negative to a positive. I find this elastic band trick a very simple and helpful way to change unwanted behaviour. Grab an elastic band and snap away ... gently!

## **Nov 4, 2018 - Daylight Saving Time Ends**

On Sunday, November 4, 2018, **2:00am** clocks are turned **back** 1 hour. Sunrise and sunset will be about 1 hour earlier on November 4, 2018 than the day before. Also called 'Fall Back' and 'Winter Time'. Rather than trying to stay awake until 2:00am Sunday morning, turn your clock back one hour before you go to bed Saturday night!

## **The Kitchen** – Submitted by Kim

I love working in the kitchen here at CMHA. I have a lot of experience working with food ... but there is always more to learn. There are things that Lonnie makes I would like to learn how to make. If you want to learn how to cook or have experience cooking, there is room for you in the kitchen.

## **Art Corner**

Collaboration at its best ... Initially Lonnie and Carol looked at bringing in an instructor from the community to do a Weaving Workshop for interested Clubhouse participants. A combination of the instructor's fee and the cost of weaving supplies proved to be too expensive. With participant / staff brainstorming and some collaboration the workshop was made possible at an affordable option.

Christina and Carol had previously accessed Participant Funding to attend an afternoon Weaving Workshop at Intwined Fibre Arts and offered to facilitate the workshop and share their skills. Stewart, from 4<sup>th</sup> Ave put together a few weaving frames, and Trent volunteered his woodshop skills to finish off the frames and make additional ones to meet the demand. Nanika helped with sanding the frames. Weaving shuttles were too expensive to purchase so Carol went to Home Hardware and Rona and asked them to donate some painting stir sticks which Trent transformed in to smooth shuttles. Trent also researched and built a great shuttle which, with little effort moves the strings up and down without having to thread a shuttle over and under the strings. As Susan sorted yarn for the Thrift Shoppe she held back vibrant colours and assorted textured yarns for the weaving enthusiasts.

Ten participants are currently working on weaving projects. If you are interested in weaving, talk to Carol and she can get you started on a project at any time. The cost is \$5.00 which goes towards the cost of supplies.

A huge thank you to all who made this project happen! If you have a skill you would like to share with participants, talk to staff and we can promote a workshop!

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Apologies to the delay of art showing of Stephen Kyles due to flooding in the Clubhouse in September. We hope our display wall will be mended and back to order soon to continue showing art from our Clubhouse artists.

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Hurray! The 100 rocks with painted images and messages have been sent out into the community. We had a small article in the Friday AM to let people know they can either pick them up to keep or leave for someone else to find the message.

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Heading into November, we will be offering supplies and space for creating gifts for the holidays. Come join the art group on Monday and Thursday afternoons 1:30-3:00 and give yourself the gift of relaxing with others and enjoying some creative time.

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Joke for the month of November: What is faster, hot or cold? Hot, because you can catch a cold.

## From the Kitchen

October's recipe:



### Pumpkin Soup

- 6 c Chicken Stock
- Small Pumpkin
- 1 c Chopped Onion
- Chopped fresh Thyme and / or Parsley
- 1 Clove Garlic, minced
- ½ c Whipping Cream, Table Cream or Milk
- Salt and Pepper to Taste

#### Preparation

- Carve the pumpkin. Remove the skin and seeds, and cut the pumpkin into 3 cm chunks.
- Place the pumpkin, onion, garlic, broth, herbs and chicken stock in a pot.
- Bring to a boil, uncovered, then reduce heat, and simmer rapidly until pumpkin is tender. Don't let the broth disappear!
- Puree the soup in small batches (1 cup at a time) using a food processor or blender.
- Season to taste with salt and pepper.
- Stir in the cream. Never boil soup after adding cream, as it will separate.
- Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread.
- Enjoy!

Pay for your November Food Box by Thursday November 8<sup>th</sup> at the Family or Seniors Resource Centre. Pick up the Food Box between 1:00 and 5:00pm on Thursday November 15<sup>th</sup> at the Catholic Church.

## Cannabis Legalization

As you are aware federal and provincial laws and guidelines are changing in relation to the use of cannabis. We are currently reviewing all of this developing information. Once we have reviewed all of the information and understand how this impacts our services we will communicate out our policies in relation to cannabis. Until then, we request that we keep our current practice in place of **no cannabis** at any of our sites. We are making this request until we can review all of the information to develop informed policies. Our plan will be to distribute this information out in November. Please note that CMHA Shuswap/Revelstoke Branch manages all of SILA (Shuswap Independent Living Association) housing sites.

If you have any questions, please contact Dianna Churchill at 250-832-8477.



## CANDLE LIGHT CEREMONY TUESDAY NOVEMBER 20 NATIONAL BEREAVEMENT DAY

Clubhouse Participants and Staff are invited to participate in the Candle Light Ceremony in the Clubhouse:

- 9:30am – Create a Memory Item to put on the Tree – examples and supplies provided
- 10:00am – Candle Lighting
- 10:30am – Coffee, Goodies and Sharing (sharing is optional and is confidential)

November 20<sup>th</sup> is the 2<sup>nd</sup> annual Bereavement Day in Canada. The Canadian Hospice Palliative Care Association (CHPCA) invites all Canadians to reflect on the importance of relationships past and present, to think about those who have passed from our lives and to help advocate for supports at the provincial and national levels for grieving Canadians. Throughout the month of November CHPCA would like to help Canadians throughout their grief journeys – for those dealing with anticipatory grief, as, for example, caregivers for loved ones at end-of-life, to those who have recently said goodbye to a loved one, and those who are experiencing complicated grief, even years after the death of a loved one or those just missing a loved one especially during the holiday season.

The Candlelight Ceremony is a way to remember / acknowledge a loss or losses in our life. The "Ceremony" will be brief, is not religious, and allows for a respectful time to recognize our loss or losses.

There are many types of losses, some of which may cause us to grieve, feel stress and / or suffer illnesses. Losses that we may wish to acknowledge might include:

- Death of a parent, sibling, spouse, child, grandparent, aunt, uncle, cousin, friend, colleague, neighbour, pet
- Divorce, separation or estrangement from family or friends
- Personal, family or friends injury or illness – physical, mental, spiritual
- Change in residence, living conditions, hospitalization
- Change in lifestyle, recreation, financial status
- Dismissal from work, layoff, retirement
- Family member leaving home
- Foreclosure of a mortgage or loan

*The above list is not meant to be a complete list of losses one might experience. We each experience loss differently – there is no right or wrong way. There is no specific time line!*

## Peer Support

In September we did a workshop on Healthy Communications. I found it to be very informative. In the volunteer work we do, we are learning new ways to tackle old problems. It's almost like having more tools for the toolbox or manners we learned when we were kids. We are fortunate to have the opportunities we do. If we continue to learn we will grow closer together. The course will continue in November, there will be a sign-up poster. I highly recommend taking this workshop.

Lori R,  
Peer Support Coordinator



## Hudson Thrift Shoppe

The month of November is here and can you ever feel it in the air. Brrrr!!!! The Thrift Shoppe has been fabulously busy with wonderful volunteers and supportive community members that continue to shop and donate to our store. Come on in and take a look at our variety of items and see if there is anything you'd like.

Don't forget that every Friday is Fabulous at the Thrift Shoppe! 2 for 1 on November 2, 9, 16 & 23 and Bag Sale on November 30<sup>th</sup>. Come on in and bag yourself some spectacular deals!

There is another silent auction, so keep checking in at the store to see if there is anything you'd like to make a bid on!

Remembrance Day falls on a Sunday this year. The store will be closed Monday, November 12, for the statutory holiday.

## Outing to the Adams River

In October we went to the Salmon Run on Adams River. Every 4 years is a dominant run. This was my first time seeing it and I found it to be an astonishing. The Salmon start their lives here and they swim to the Pacific Ocean and come back to spawn their eggs and then die. Each female lays 4000 eggs! Nature is quite amazing. The other amazing thing is when we got there, there were a lot of children (3000) from all over. I was surprised and was in awe to see so many kids at one time. Then at 1:15pm they all were back on the buses and they were gone. Almost as many Salmon as there were kids.  
Lori R

A participant said he loved the red color of the spawning salmon. Excited that he saw the dominant run considering it only happens every 4 years. The turquoise colours of the pools were beautiful and looked like heaven. The bannock melted in your mouth.  
.lamie



## Social Rec

November continues with toonie swims and walking. Check out the events page for more info on these.



We will also have the following:

- **Drop In:**
  - Tuesday, November 20- Christmas crafts and cookie decorating.
  - Tuesday, November 27- Bowling and Pizza- Transportation provided- Cost is \$8.00 – Sign-up is required.
- **Christmas Shopping in Vernon**-Thursday, November 30<sup>th</sup>, leaving Clubhouse at 9:30 and returning at 3:30. Transportation provided. Please bring money to buy lunch at the mall food court. Sign-up required.

## THE CARAVAN FARM THEATRE PRESENTS ... SEDNA ... AND WE ARE GOING!!! Tuesday, December 11th

"This winter, we join forces with Urban Ink, the critically acclaimed Vancouver Theatre company behind Children of God, and Les Filles du Roi, to create SEDNA, a spectacular retelling of the Inuit story of the Goddess of the Arctic, told with music, mask, and magnificent large-scale puppets. Join us for the world's only horse drawn winter sleigh ride theatre experience."

**ONLY 8 tickets are available on a first paid basis.**  
*Tickets are \$16 each and will go on sale on November 16<sup>th</sup>. We no longer have sign-up sheets for events that cost money. Your spot is reserved by paying for your ticket. See Lorrie for your ticket or for more information.*

For any Social Rec questions, please talk to Lorrie C.

### In Flanders Fields by John McCrae

In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.





**Join Us Tuesday and Wednesday Mornings**

**9:00 – 10:00am**

to chat about ideas and suggestions for the Clubhouse

what is happening in the community

occasional guest speakers

visit with clubhouse participants and staff

You're invited to our

# RAINBOW cafe

*Where everyone is welcome and celebrated for who they are*

**THURSDAY, NOV. 8 6:00PM**

**This month we're having a Potluck and Social in our new space!!**

Join us for a Potluck Dinner and Social - if you are able feel free to bring a salad, appy or dessert item

Bring your vinyl records for the record player, and enjoy a comfy space for socializing and networking with our LGBTQ2 community



**The Cafe is located in our new home!  
The GreenSpace in the First United Church  
450 Okanagan Ave SE, Salmon Arm**

Hosted by CMHA Shuswap- Revelstoke and community partners



## NOVEMBER'S WHAT IS IT?

Enter your November guess along with your name and contact information into the "What Am I Box" in the Clubhouse to win a small prize. A little tougher this month?



Congratulations to Kathryn Smith who guessed a "Spot Cleaner" last month. Almost 30 guesses were received with 16 correct answers.

## Healthy Communication: An introduction to healthier communication styles and barriers that get in the way of understanding each other.

Did you sign-up for the September workshop, but couldn't make it? No worries. Healthy Communication is back by popular demand....Join Stewart for the next three sessions in November. This is a continuation to the previous workshop, but there are no pre-requisites. Come as you are. Everyone is welcome!

Three sessions on Mondays 10:30-noon: Nov 5, 19 & 26. (Monday the 12<sup>th</sup> is a holiday). Sign-up in Clubhouse.



## peer Support



### PEERS WANTED

Looking To

Have a Conversation

Go Out for a Coffee, a Walk, a Movie

There are Peer Mentors that want to meet you!

For More Information Talk to Sara or Lori.



## CHRISTMAS SHOPPING TRIP TO VERNON

THURSDAY NOVEMBER 29  
9:30AM – 3:00 PM

*SIGN UP REQUIRED*

## Silent Auction

**Remember to Check Out the Auction in the Thrift Shoppe**

## CHECK OUT THE CALENDAR FOR THESE EVENTS

**Art 101. Live Music/Artist Studio.** Live music will be set up on Thursday afternoons in the open lounge area by the kitchen. Feel free to join in, bring your instrument, sing along, dance or come out and enjoy the music. Open Art Studio will be happening at the same time in the Activity Room. Artists are invited to come work on their artworks or start a new project. Nanika will be happy to assist in getting you started.

**Art Quest. Holiday Gifts.** Get a jump on the holidays and join in with others to create your own gifts. There will be supplies available for creating bookmarks, ornaments, magnets, cards and wrapping paper. If you have an idea for holiday gift making, bring your ideas and see what we can create.

**Birthday Celebrations.** November birthday celebrations take place on Friday the 30th. If your birthday falls for November, you get a free piece of birthday cake, otherwise it's \$0.75.

**Christmas Shopping.** Join us for a day of shopping in Vernon on Friday November 30th. Bring money for lunch etc. Leave Clubhouse 10:00am, return around 3:00 – 4:00pm. Sign up is required.

**Coffee Talk.** Join us on Tuesday and Wednesday mornings at 9:00am to chat about ideas and suggestions for the Clubhouse, what is happening in the community or to just visit with clubhouse participants and staff.

**Connections.** Join us for a free dinner on Wednesday, November 14. Our peer coordinators Sara & Lori will lead you through fun and games after dinner. Rides home available. If you'd like to be on a call-out list for Connections reminder, let Sara and Lori know.

**Drop-In.** November will have two drop-in nights: 20<sup>th</sup> & 27<sup>th</sup>, 4-7:30 pm. Christmas crafts & cookie decorating, as well as bowling & pizza are on the agenda for these nights. Rides home available.

**Fabric and Yarn Fridays.** The Quilts & Crafts group continues meeting on Friday afternoons. Come see what all we have to offer!

**Food Skills Group** with Robyn and Lonnie is taking place in Clubhouse on Wednesday afternoons all through the month of November. The group is now full, but feel free to inquire about the next session.

**Attention:** On Wednesdays, November 7<sup>th</sup>- 28<sup>th</sup>, we will be playing board games or pool in the activity room from 1:00-4:00, while the Food Skills Program is running in the main Clubhouse area.



**Journaling.** In December we are planning to go journaling in one of the cafes. Join this friendly group in Clubhouse each Friday morning at 10:30 during the month of November.



**Stretching. Join us on** Thursday mornings in November at 9:30 for the **Moving Easy Program**. (MEP for short). The MEP consists of 25 safe movements and takes only 12 minutes. It combines flexibility exercise and gentle strength training with better breathing to loosen muscles, increase circulation, reduce stress and tension. This program is great for everyone including those with chronic pain and other chronic conditions. The program can be done standing or sitting in a chair.



**Swimming.** Toonie swims on Thursday afternoons. Bring your bathing suit, towel and toonie and meet at Clubhouse at 2:45. Ride is provided. No sign up required.



**Walking.** As the weather is turning rapidly, our walks on November 2, 9 and 16 may be indoors at the local arena. If the weather is nice, we will walk on some of the trails close to the Clubhouse. Transportation provided and no cost. No Sign up required.

**Woodshop.** Woodshop is on hold for now as Stewart is running a workshop on Healthy Communication on Monday mornings. See about the Healthy Communications-workshop elsewhere in this paper.

**Women's Group.** The Women's Group meets on November 7<sup>th</sup> at 1:00pm in the Clubhouse meeting room. This month's topic is "Change". Ladies of all ages are invited to attend.

### Clubhouse hours:

- Mondays, Wednesdays, Thursdays 8:30am – 4:30pm
  - Tuesdays 8:30am – 1:00pm. Check the calendar for Drop-In nights
- Fridays 8:30am – 3:00pm

**Website.** You can also find us online: <http://shuswap-revelstoke.cmha.bc.ca/>

# NOVEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
	30	31 <b>Wear a Halloween Costume</b>	NOVEMBER 1	2	3/4
	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Move Easy Stretching - 9:30am Peer Mentors' Meeting 10:30am	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am	
	Frittata - 12 noon	<i>Special Halloween Lunch - 12 noon</i> <i>Costume Contest - Prizes</i>	Beef Burritos - 12 noon	Chili and Corn Bread - 12 noon	
	<b>Clubhouse Closes 1:00pm</b>	Participant Funding - 12:30pm Food Skills For Those Who Signed Up - 1:00pm - 4:00pm Games in the Activity Room - 1:00 - 4:00pm	Art 101 - 1:30pm  Toonie Swim - 2:45 - 4:15pm	Fabric and Yarn - 1:30pm  Walking - 1:30 - 2:30pm	<i>Fall Back</i>
	<b>Dry Lake Halloween Campfire</b> - Leave Clubhouse at 4:00pm - <b>Sign Up Required</b> - Rides Home Available			<b>Sale</b>	<i>Change Your Clock Back 1 Hour Before You Go To Bed Saturday Night</i>
				2 for 1 Thrift Shoppe	
5	6	7	8	9	10/11
Healthy Communication - 10:30am - 12:00pm Butternut Soup and Bun - 12 noon	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Move Easy Stretching - 9:30am	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am	
Art Quest - 1:30pm	Chicken Stir Fry - 12 noon	Beef Dip - 12 noon	Pork Won Ton Soup - 12 noon	Pizza - 12 Noon	
	<b>Clubhouse Closes 1:00pm</b>	Food Skills For Those Who Signed Up - 1:00pm - 4:00pm Games in the Activity Room - 1:00 - 4:00pm	Art 101 - 1:30pm  Toonie Swim - 2:45 - 4:15pm	Fabric and Yarn - 1:30pm  Walking - 1:30 - 2:30pm	<b>Clubhouse Closes at 3pm</b>
	<b>No Drop-In</b>			2 for 1 Thrift Shoppe	
12	13	14	15	16	17/18
<b>CLUBHOUSE and THRIFT SHOPPE CLOSED</b>	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Move Easy Stretching - 9:30am	<b>Caravan Theatre Tickets Go On Sale</b> Good News Fridays - 9:00am Journaling - 10:30 - 11:00am	
	Beef Stroganoff - 12 noon	Breakfast Sandwich and Hashbrowns - 12 noon	Corn Chowder and Buns - 12 noon	Good Food Box - 12 noon	
	<b>Clubhouse Closes 1:00pm</b>	Food Skills For Those Who Signed Up - 1:00pm - 4:00pm Games in the Activity Room - 1:00 - 4:00pm	Art 101 - 1:30pm  Toonie Swim - 2:45 - 4:15pm	Fabric and Yarn - 1:30pm  Walking - 1:30 - 2:30pm	<b>Clubhouse Closes at 3pm</b>
	<b>No Drop-In</b>	Connections - 5:00pm Rides Home Available		2 for 1 Thrift Shoppe	
19	20	21	22	23	24/25
Healthy Communication - 10:30am - 12:00pm	Coffee Talk - 9:00am	Participant Funding Applications Due Coffee Talk - 9:00am	Move Easy Stretching - 9:30am	<b>TVP Timesheets Due (Fri / Sat)</b> Good News Fridays - 9:00am Journaling - 10:30 - 11:00am	
Mexican Corn Casserole - 12 noon	National Bereavement Day Non-Denominational Candle Light Ceremony 9:30am	PAC Meeting - 10:30am	Spaghetti - 12 noon	Broccoli Soup and Bun - 12 noon	
Art Quest - 1:30pm	<b>Manicotti - 12 noon</b>	<b>Olive Garden Soup - 12 noon</b>	Art 101 - 1:30pm	Fabric and Yarn - 1:30pm  Walking - 1:30 - 2:30pm	<b>Clubhouse Closes at 3pm</b>
	<b>Clubhouse Closes 1:00pm</b>	Food Skills For Those Who Signed Up - 1:00pm - 4:00pm Games in the Activity Room - 1:00 - 4:00pm		2 for 1 Thrift Shoppe	
	<b>Drop In - Christmas Crafts and Baking Cookies - 4:00pm - 7:30pm</b> - Rides Home Available				
26	27	28	29	30	Dec 1/2
Healthy Communication - 10:30am - 12:00pm	Coffee Talk - 9:00am	Coffee Talk - 9:00am	Move Easy Stretching - 9:30am	Good News Fridays - 9:00am Christmas Shopping Trip To Vernon - 9:30am - 3:00pm - <b>Sign Up Required</b> - Watch the Bulletin Board for Details Journaling - 10:30 - 11:00am	
Chicken Enchilada - 12 noon	Lazy Man's Cabbage Rolls - 12 noon	Spanakopita and Greek Salad - 12 noon	Meatloaf - 12 noon	BBQ & Birthday Cake - 12 noon	
Art Quest - 1:30pm	<b>Clubhouse Closes 1:00pm</b>	Participant Funding - 12:30pm Food Skills For Those Who Signed Up - 1:00pm - 4:00pm Games in the Activity Room - 1:00 - 4:00pm	Art 101 - 1:30pm  Toonie Swim - 2:45 - 4:15pm	Fabric and Yarn - 1:30pm	<b>Clubhouse Closes at 3pm</b>
	<b>Drop In - Bowling and Pizza \$8.00 - Sign Up Required</b> - Watch the Bulletin Board for Details - Rides Home Available			Bag Sale Thrift Shoppe	

A reminder that Lunch is at 12 noon – Please call 250 832 0655 before 10:00am to reserve your lunch

## AT A GLANCE

**THANK YOU DEMILLES**  
for **DONATING PUMPKINS**  
for our Halloween Pumpkin Carving activity



**FALL BACK**  
**DAYLIGHT SAVING TIME**  
**ENDS NOVEMBER 4 – 2:00AM**



**HEALTHY COMMUNICATION**  
**MONDAYS**  
**NOVEMBER 5, 19, 26**  
**10:30AM – 12:00PM**



**WOMEN'S GROUP**  
**WEDNESDAY**  
**NOVEMBER 7 – 1:00PM**



**MOVE EASY PROGRAM**  
**(STRETCHING)**  
**THURSDAY – 9:30AM**



**BOARD GAMES / POOL**  
**WEDNESDAYS 1:00 – 4:00PM**  
**ACTIVITY ROOM**  
**(Food Group In Clubhouse)**



**TOONIE SWIMS**  
**THURSDAY**  
**NOVEMBER 1, 8, 15, 29**



**WALKING**  
**FRIDAYS – 1:30PM**  
**NOVEMBER 2, 9 and 16**



**CARAVAN FARM THEATRE**  
**PRESENTS ... SEDNA**  
**TICKETS ON SALE**  
**NOVEMBER 16**



**CANDLE LIGHT CEREMONY**  
**NOVEMBER 20<sup>TH</sup>**  
**9:30AM**



**CHRISTMAS SHOPPING**  
**NOVEMBER 29 – 9:30AM**

